Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University

Protocol summary

Summary

Introduction : The yogurt has been considered as a healthy diet among the other snacks. Nowadays the production of probiotic yogurt is been increasing. In recent years several studys have pointed the potential ability of these products to decrease the level of oral cavity Streptococci Mutans. The aim of this study is to compare the effect of homemade Probiotic yogurt with conventional yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University in 1390. Materials and Methods : Thirty dental students participate In this cross-over double-blinded randomized clinical trial study. The participant have been asked not to receive any antibiotic therapy 2-weeks before and during the study , also not to be exposed to any fluoride - contained or antibacterial mouthwashes , not to use any yogurt or probiotic products a week before and during the study , not to use any gums or Xylitol-contained products during the study .Each participantshave been asked to eat 200 cc amount of probiotic yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that. The level of of salivary Streptococci Mutans of participants has been measured at the beginning of study , after the each three intervention period (the use of probiotic yogurt , conventional yogurt and use of none of them) and wash-out period. (intervention period lasts 3-weeks and wash-out period lasts 2-weeks apart). Mitis Salvarius Agar medium has been used to measure the load of bacterial culture. Each participants has been in 3 study group in a self-controlled manner.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012090210715N1**

Registration date: **2012-09-25, 1391/07/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-25, 1391/07/04

Registrant information

Name

Nesa Jamei

Name of organization / entity

Dental Faculty of Islamic Azad University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 61 1337 3843

Email address

nesa_jamei97@yahoo.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2011-10-02, 1390/07/10

Expected recruitment end date

2011-10-17, 1390/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci

Mutans of dental students of Islamic Azad University

Public title
Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University in 1390

Purpose
Prevention

Inclusion/Exclusion criteria
Exclusion Factors : Topical Fluoride Therapy ؛ any use of fluoride or antibacterial mouthwashes in the past 3-weeks before the study ؛ any antibiotic therapy two weeks prior to the study ؛ any use of Xylitol-contained products during the study؛ any yoghurt or probiotic products consumption during a week before the study . Inclusion Factor: a dental student.

Age
No age limit

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of the Dental Faculty of Islamic Azad University of Tehran

Street address
4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City
Tehran

Postal code
1946853314

Approval date
2011-11-02, 1390/08/11

Ethics committee reference number
ب.687.د

Health conditions studied

1

Description of health condition studied
level of salivary streptococs mutans

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
salivary streptococos mutans

Timepoint
one day before any intervention ,one day after any intervention

Method of measurement
culture in mittis salivarius agar

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Study Groups: a group that have been received probiotic yogurt . Each participantshave been asked to eat 200 cc amount of probiotic yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category
Prevention

2

Description
Control Groups1 : a group that have been received conventional yogurt . Each participantshave been asked to eat 200 cc amount of conventional yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category
Prevention

3

Description
Control group2 : a group that did not use any yogurt. The control group has been asked not to use any yogurt or probiotic products in 3-weaks through the study.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person
Nesa Jamei

Street address
4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person
Arash Azizi

Street address
4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City
Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person
Nesa Jamei

Position
Student

Other areas of specialty/work

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty